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## The Iowa Homemaker vol.8, no.1

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*Iowa State College*

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# The Iowa Homemaker vol.8, no.1

## **Authors**

Melba Nisewanger, Helen C. Morling, Ethyl Cessna Morgan, Rosemary Koeberle, Ruth M. Davis, Lulu Tregoning, MArcia E. Turner, and Vera Caulum

# THE IOWA HOMEMAKER



IOWA STATE COLLEGE

# ANTE SCRIPT



Memorial Union — Our Dream Palace

## The Day's Work

Is anybody happier because you passed  
his way?  
Does anybody remember that you  
spoke to him today?  
This day is almost over, and its toiling  
time is through;  
Is there any one to utter now a kindly  
word of you?  
Can you say tonight in parting with  
the day that's slipping fast,  
That you helped a single brother of the  
many that you passed?  
Is a single heart rejoicing over what  
you did or said?  
Does a man, whose hopes were fading,  
now with courage look ahead?  
Did you waste the day or lose it, was  
it well or poorly spent?  
Did you leave a trail of kindness or a  
scar of discontent?  
As you close your eyes in slumber, do  
you think that God would say,  
You have earned one more tomorrow  
by the work you did today?

—Selected.

## Graduates Placed

Do you know the important places  
that are filled by Iowa State College  
graduates? They hold responsible posi-  
tions in foods work, clothing, applied  
art, and journalism.

Much of the credit of securing these  
positions is due Mrs. Mary Crockett,  
classifying dean.

A list of placements will be made  
in one of the coming issues of the IOWA  
HOMEMAKER.

Yes! This building will really be a  
part of Iowa State College. It does  
look like a dream palace, and that is  
what it might be called. It is the  
Memorial Union being built in mem-  
ory of the men and women of Iowa  
State College, who gave the supreme  
sacrifice during the world war.

The union is situated among the  
pine trees just east of Lake La Verne.  
Among the features of the building  
will be a long banquet hall and ball  
room called "The Great Hall", small  
dining rooms for private parties, a tea  
room, a cafeteria, rooms for visiting  
alumni, balconies for moonlight nights,  
and warm fire place corners when win-  
ter winds blow. Shops will be located  
on the ground floor.

The "dream" palace may be more  
bitter truth, than aesthetic phrasing.  
Only one wing of the building is com-  
pleted to date, and unless more of the  
subscriptions come in all work may  
have to stop.

Wouldn't you like to come back to  
the Memorial Union?

It isn't guns nor argument,  
Nor funds that they can pay.  
But the close cooperation,  
That makes them win the day.  
It isn't the individual,  
Nor the army as a whole,  
But the everlastin' teamwork  
Of every bloomin' soul.

—Kipling.

## Veishea

With the beginning of May comes  
thoughts of Veishea, which is an all  
college exposition held at Iowa State  
College on May 17, 18 and 19.

Veishea was originated seven years  
ago, to take care of the Divisional open  
Houses, which heretofore had been  
scattered through the year. It was  
thought best to have all the open hous-  
es concentrated during three days. In  
this way more thought could be given  
them, more college cooperation, and  
more visitors could be here.

Aside from the open houses, there  
are additional attractions. The May  
Fete, and Night Show are two of the  
outstanding features. The scenarios  
for both of these are written by stu-  
dents. The former is presented Thurs-  
day afternoon, May 17, while the latter  
on Saturday night, May 19.

The firing of cannon marks the be-  
ginning of Veishea. With the first shot  
all class work is dropped, and a gala  
mien is adopted by everyone, young  
and old.

The "big parade" is the first Veishea  
attraction. It consists of floats of the  
various divisions and departments,  
with the campus organizations bring-  
ing up the rear, with clever, amusing  
examples of college or alumni life!

The great number of students and  
faculty working for Veishea and the  
enormous amount of work it entails  
insures 1928 Veishea for three days  
filled to the brim with fun, entertain-  
ment and education.

# THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

VOL. VIII

MAY, 1928

NO. 1

## The Maples

By Melba Nisewanger

SHELTERED among fine, graceful maple trees, with the tapering outline of evergreen pines against the southeast horizon, "The Maples" is set apart from the hurry of campus life, shielding the memories of yesterdays that live within its walls still, and adding a feeling of peace and quiet.

Among Iowa State's older alumnae, "The Maples" will always be remembered as the home of Dean Edgar W. Stanton, member of the first graduating class, who spent his entire life in the service of Iowa State College. Coming to Ames from Pennsylvania, Dr. Stanton first lived in "The Maples" as chore boy for Professor George W. Jones, first head of the Mathematics Department, for whom the house was built. After his graduation, as an instructor in mathematics, he continued to live with them until he became head of the Mathematics Department to succeed Professor Jones, when "The Maples" became his permanent home. He later served the college as secretary, treasurer, was acting-president four different times, and was made Dean of the Junior College in 1903, in which capacity he served until his death in 1920.

After the death of Dean Stanton, Mrs. Stanton turned "The Maples" into a tearoom for faculty members, and

when she became Dean of Women the faculty took over "The Maples" as a club, and a board of directors was chosen to operate the tearoom. Several managers have been in charge during

the west and the north also, excellent ventilation and lighting has been secured, making the kitchen unusually pleasant to work in. Rearrangement of the equipment in the best possible

working order, the addition of convenient shelves and tables and an ice box, added to the general efficiency of the kitchen.

During Christmas vacation of the same year, the front porch was glassed in to provide a meeting place for guests and for party groups. Although reserved primarily for this purpose, the porch is used, when occasion demands, for

special parties and sometimes, during the summer, for regular guests.

With the opening of the new Memorial Union building next fall, provided with ample facilities for cafeteria and dining room service, "The Maples" will no longer be a faculty tearoom, but will become Music Hall. Despite the comfort of newer and finer equipment which will be possible in the Union, the hominess, the peace, and the dignity which are a part of "The Maples" can never be duplicated or replaced.

The happiest business in the world  
Is that of making friends.  
No investment on "the street"  
Pays larger dividends.



the seven years of its existence. Miss Mabel Anderson came to "The Maples" in this capacity in January, 1926. In the fall of this year the financial standing of "The Maples" was such that the board was able to undertake a number of improvements, with the co-operation of the college.

The kitchen, which before that time had been crowded and insufficiently lighted for good service, was enlarged by tearing out the old back porch and extending the room to enclose the stairway to the basement storeroom, which had been accessible only from the outside. Windows were then put in across this entire south exposure, providing one of the loveliest views on the campus. With windows in both



# Infantile Tetany---Its Cause and Cure

By Mrs. Helen C. Morling

THE setting for the following dialogue is laid in the offices of Dr. Diet-Trained, a specialist in children's diseases. First we see the outer or reception office, later an inner office used for examination and consultation.

Enter pretty little Mrs. Young-Mother with her infant daughter in her arms. Addressing the neatly uniformed nurse in charge, she says, "I have an appointment this morning with Dr. Diet-Trained; may I see him now?"

The nurse asks her to be seated and goes to inquire about this appointment. Returning promptly, she guides the mother and baby into the office, where the doctor is seated at his desk.

Dr. Diet-Trained is a busy man, yet one who is ready with sympathetic interest, keen intelligence and scientific training to meet all new cases. And because of his training in diet and nutrition, he is well able to find the source of most children's difficulties quickly and efficiently.

The doctor: "You have a healthy looking youngster there, Mrs. Young-Mother. What seems to be the matter? Why have you brought her to me?"

The mother: "Yes, doctor, she is a nice baby and was well until she had a convulsion a few months ago and three more convulsions since. She seems well, but what causes her to have these convulsions, doctor?"

After a few minutes of skillful questioning regarding the prenatal health and diet of the mother, the birth of the child and the diet of the child since birth, the doctor replied: "There are three causes of tetany or convulsions in children and your answers have eliminated all but the possibility of one cause and that is a probable deficiency in diet."

"But, doctor," anxiously interrupted Mrs. Young-Mother, "what is infantile tetany and what causes it?"

"That is what I was leading up to," answered Dr. Diet-Trained, "and I will be glad to explain further."

"Infantile tetany is a disorder associated with low calcium rickets. Tetany is the same type of deficiency disease as rickets. It is cured and prevented by exactly the same means and differs from rickets only in the fact that the

salt equilibrium in the blood happens to assume a special form. Tetany is due to the taking away of calcium from the tissues, while in rickets there is a pathological inability on the part of the bones to build calcium."

In the meantime, the nurse has undressed the baby and the doctor exam-



Mrs. Morling's Baby Daughter

ines her thoroughly and finds her normal as to weight, height, physical and mental development, except that tapping on her cheek bones and knees results in a twitching of facial muscles characteristic of children subject to tetany. When the examination is complete and the nurse has dressed the child, the doctor tells the mother that he will give her a brief review of what has been done to remedy the disease, a diet that she should follow, and some suggestions for treatment with ultraviolet light.

Mrs. Young-Mother very gladly settles herself, with the child on her lap, to listen to the doctor, whom she feels can help her in this problem of caring for her baby.

Dr. Diet-Trained continues: "Rickets is not influenced by calcium feeding, while tetany can be caused to practically disappear by the administration of calcium. Doctors Howland and Marriott have shown that any agent capable of raising the calcium concentration of the blood to a level within 20

percent of the normal will cure active manifestations of tetany. The demonstration of a low concentration of calcium in the blood serum is a valuable aid in diagnosis of infantile tetany, and the demonstration of its return to normal is probably the most reliable sign of the cure of the disease. Even with cod liver oil and calcium therapy the return of serum calcium to a normal figure may be very slow, although the clinical manifestations may disappear fairly promptly. Both latent and manifest tetany have been cured by irradiation with the mercury vapor quartz lamp.

"The calcium taken into the body through the food must be retained in the body in order that the necessary amount of calcium be stored to meet body needs. Calcium retention can only be secured by a favorable degree of blood alkalinity, leading to a prevention of too high degree of acidity in the urine. Hence, calcium lactate combined with sodium lactate in the form of double salt of calcium and sodium lactate is valuable, as the sodium lactate easily passes into sodium bicarbonate, which is indispensable for the alkalinity of the blood.

"From a dietary viewpoint, foods containing calcium or vitamin D should be included liberally in the diet. Milk is essential and is our greatest source of calcium. Nutrition experiments have been conducted on 21 children; the results of which indicate that optimum storage of calcium is made when the diet contains one quart of milk per day for each child. This, with a normal allowance of other foods, will usually mean a daily intake of one gram of calcium for the growing child. Children do not seem to utilize the calcium of vegetables as efficiently as they do that of milk. In the experiments reported by Miss Hawley, the calcium balances were more variable and always less favorable when vegetables replaced about half of the milk as source of calcium.

"Egg yolk is as efficient a protective food as milk. One egg yolk should be given daily. Egg yolk in small amounts furnishes vitamin D, which enables the body to mobilize and utilize economically the apparently limited sup-

(Continued on page 14)

# You Need Another Oven

By Ethyl Cessna Morgan

**I**T costs one-half as much to bake enough potatoes for a family of four in a small oven on top of the gas stove as it does to bake them in the large oven, which is a part of the range.

This does not mean that the stationary oven is not efficient for many purposes. It is so well insulated and so well equipped that the guess work has been practically taken out of gas stove cookery.

But conveniences are always costly. Every homemaker who tries to economize on her gas bill hesitates to light the big oven unless she can fill it. She forgoes the hot bread for supper or the delicately browned meringue to finish off the pudding because the balance of the meal may be done on top of the stove, and she feels it is too costly to light the large oven unless she uses it to its maximum capacity.

The small portable oven which may be used on one of the top burners is a real blessing to the thrifty homemaker.

Recent experiments by the writer in the Household Equipment laboratories at Iowa State College, show that there is a material saving in both time and fuel in such a task as the baking of a small quantity of potatoes alone, or in baking a pan of biscuits for supper.

The greatest objection to the portable oven is the difficulty in learning to use it successfully. The real trouble is not so much with the oven as with us. We are so accustomed to the large oven that we fail to realize that the small oven is different.

Our complaint is that things burn on the bottom before they are done on top. This is due to the differences in oven temperatures.

The large, well insulated oven with which our modern gas range is equipped is of practically uniform temperature in all parts of the oven, while the temperature in the portable oven may vary fifty degrees between the top and the bottom of the oven. That is, when the thermometer on the bottom shelf



registers 500, the thermometer on the top shelf registers 450.

It is perfectly possible to bake just as good biscuits in the small oven as in the large one if we remember the differences in the ovens and act accordingly.

Where only one pan of biscuits is to be baked at a time, it is most satisfactory to bake it on an inverted pan placed on the bottom shelf. This brings the biscuits to about the center of the oven. If two pans full are to be baked, they should be interchanged during the baking process. If a six inch burner is being used, it is advisable to turn down the burner after preheating the oven.

Probably the most satisfactory biscuits are those baked on a four inch burner. They do not bake as quickly but the slightly longer time required is justified by the quality of the product.

This same general procedure may be used in baking potatoes or in other baking.

Each oven has its own peculiarities and limitations so we must experiment with our own oven in the light of these suggestions. Just as desirable products and much smaller gas bills will be our reward.

It costs approximately one and a half cents to bake a pan of biscuits

in a single portable oven on a six inch burner; two and a half cents in a double portable, and four cents in the regular stove oven at an average gas rate.

Similarly, it costs four and a half cents to bake potatoes for a family of four in a single portable oven on a six inch burner, seven cents in a double portable, and ten cents in a stationary oven.

These savings seem trifling when thought of in terms of just one baking process, but when translated into terms of a year's baking they are much more apparent.

If a family were to have hot bread once a day for a year, and use the oven for that alone, it would cost approximately \$6 in the single oven; \$9 in the double oven

and \$15 in the large stove oven. Or, if the family had baked potatoes every day for a year and used the oven for this alone, it would cost more than \$16 to bake them in the single oven; \$27 in the double oven and more than \$36 in the stationary oven.

Of course, no one is going to use her oven quite this way. Practically every time, the oven will be used for several things at once. But these hypothetical figures do not show that there is a real saving in fuel cost by the use of the portable oven. A good single portable oven of first class construction may be purchased for \$7 to \$7.50. Its purchase price may be saved several times each year by using it for small bakings.

The use of the double portable oven is not so advisable. Usually if the housewife does enough baking to use a double portable oven, she is probably doing enough baking to justify the use of her regular stove oven.

Much fuel economy too may be affected by using the range oven, when lighted, to its full capacity, having an oven dinner, or baking something for a day ahead, of course this does not always fit in with her other plans.

She will find the single portable oven a very excellent supplement to her regular range oven.



# —Makes a Girl Healthy

By Rosemary Koeberle

**I**F you could stand on the Knoll some morning when the chimes are playing, and watch the girls hurrying from the halls and houses; or, if you could stand on the top steps of Central building some noon and see them rush by in every direction; or, again, if you would come out to the playground at 4 o'clock in the afternoon and watch them playing basket-

is to hit the bull's eye four times out of five!

If a girl has weak arches, she will, no doubt, be advised to forego the pleasures of these exhilarating five mile hikes. Why worry when there is swimming, which cannot possibly harm one's feet? Even in the coldest weather we have our Palm Beach sport, and we find many perfected side and crawl



An Iowa State Hockey Team

ball, hockey, tennis, baseball, or trooping by on a hike—if you could do any or all of these things you would be somewhat surprised and wonder just how they do it.

Really, it isn't easy. Every Iowa State girl knows that. Our days are crowded with lectures, recitations, "labs" and activities. We are busy, but we enjoy it—oh, so much!

Here I've gone way off my subject, trying to impress you with our activities, when I really mean to tell you why we can be so happy when we are so busy.

In the fall, when we come to school as "preps," we hear rumors of physical examinations and dimly wonder what it is all about. It is that examination which is the foundation and beginning of all this happiness, for through it we learn what physical activities we can participate in, and which ones we should refrain from doing. If a girl has a weak heart it is not wise to play hockey, but she will find archery a fascinating sport. What a thrill it

strokes, also fascinating jack-knife and backward dives. But swimming is good for more than supplementing hikes. It is the origin of all grace and good carriage, for which all of us strive.

And in the spring the tennis courts are crowded with eager, active players. Six o'clock in the morning until twilight always finds them occupied. Tennis brings a sparkle to the eye and that "school girl complexion" to the cheek.

Perhaps if you watched all those girls hurrying by, something else would attract your attention. Some would appear graceful and well poised—even in their haste their movements would be lovely. Natural dancing classes help to develop this charm. Our dancing is not the ballet or fancy type you may have seen on the stage. It is more a study of rhythm and balance worked out to music. A year of dancing does much to produce graceful movement and self confidence in carriage.

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## New Health Food

"Lacto-acidophilus!" Doesn't that arouse your curiosity? This and other new products will probably be on the market for the consumer some time within the near future as the result of research work which is being conducted in the Iowa State College Dairy Department.

The frozen delicacy, "lacto-acidophilus," is already on sale at the Dairy Building and the College Book Store. It is manufactured from acidophilus or "medicinal" milk, to which fruit juices have been added, and the resultant mixture frozen. People who dislike to drink acidophilus milk in its raw state may now eat the new product, which has a flavor similar to sherbet, and receive the same benefits.

Acidophilus milk contains beneficial bacteria, which tend to replace the putrefactive bacteria which inhabit the intestines of adults. Metchnikoff, great Russian zoologist, noticed that if the harmful putrefactive bacteria were replaced by the acidophilus bacillus, the health of the individual would improve.

Many persons in Ames call regularly at the Dairy Department to buy acidophilus milk to drink in place of ordinary milk. It is manufactured by adding the beneficial bacteria to skim milk through a rather complicated process, so complicated that the milk brings a price of as much as one dollar a quart in some cities.

At the present time the Dairy Department is trying to obtain a better "lacto-acidophilus" product by adding or increasing the percentage of milk solids. This ought to bring about a smoother texture, making the product appear more like ice cream than sherbet. Increase in milk solids would also increase the therapeutic value.

Some experiments have been conducted on honey ice cream in the past few weeks. The fourteen percent sugar which is usually the amount used in making ice cream is replaced with sixteen percent of honey. Results so far have shown that the cost of the ice cream is not increased, because no vanilla is used, but the texture of the ice cream is not as good as it should be. Further trials along this type of research will not be conducted until next fall, when the cooler season is here. It has not been determined whether the poor texture of honey ice cream is due to the use of the honey or the hardening.



# "Home Economics on Display"

By Ruth M. Davis

**D**ID you ever attend Veishea at Iowa State College and not have the privilege of enjoying one of the individual cherry pies for which the Home Economics Division is so

display in this exhibit will show a well appointed buffet luncheon ready to be served.

It is the desire of the foods and nutrition faculty to show their guests one



Textile and Clothing Veishea Exhibit

famous? Some people have been so unfortunate in past years, but it is the ambition of Mary McIntyre, cherry pie chairman, that there will be no such unlucky and consequently unhappy individuals this year.

Plans are being laid whereby more than 3,000 juicy pies will be ready to give the 1928 Veishea visitors a real treat. In past years the crusts for the pies have been made in the freshman foods classes. This year, however, they will be made in the institutional kitchens under the direction of Miss McIntyre and her committee. By this method it is hoped to secure a more uniform product.

The Foods and Nutrition Department will trace for its visitors the development of foods and their preparation from the most primitive conditions to the present time.

One of the foods laboratories will be transformed to represent a primitive kitchen and maybe there will be a very "old fashioned" girl to charm her visitors. The history of foods will be taken thru every stage and the last

of the foods laboratories in actual use. A freshman class will be at work in one of them to do this.

A small feature of the foods and nutrition open house will be an exhibit of miniature cooking uniforms, containing every style ever used at Iowa State College. This should bring back some memories to alumnae who have worn such garments and tried to look charming in them.

A style show in Catharine MacKay Auditorium, beginning on every hour and lasting fifteen minutes, will be a feature of the textile and clothing open house. Dresses will be worn which have been made in sewing classes during the year, as well as dresses from Ames shops.

The people in the Home Equipment Department will remain very practical thru the festivities and show their visitors how to get the best and most for their money in home equipment. They will not only show you how to get the best, but will also show why it is the best for the price.

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## Making Vacation Pay

**O**H for a summer job! This exclamation may be heard from many students now that vacation time is approaching.

The work in summer camps seems to attract more co-eds than any other type of employment, perhaps because of the recreation connected with it.

The West, especially, is an alluring spot for Iowa State girls. Yellowstone National Park, with its beautiful camp hotels and picturesque scenery; Colorado Springs, with its lovely inns, curio shops and mountain atmosphere; Estes Park and its beautiful scenery, offer many and varied types of work for girls during their summer vacations.

Mrs. Eunice Peters Huth, a graduate of Iowa State College, is employment agent for a chain of hotels operating in and around Estes Park, and hires 20 girls who are majoring in institutional management each summer. These girls are employed at Rocky Mountain Lodge, Grand Lake Hotel at Chattels, Idaho Springs, a short distance from Denver, and at the various resort hotels located in Estes Park.

Miss Elizabeth Stone, manager of the Elizabeth Inn at Colorado Springs, secures 15 girls each summer from Iowa State.

Several girls each year are selected to work at the Y. W. C. A. camp at Lake Okoboji. Girls having had experience at this camp are very enthusiastic about the work. The Y. M. C. A. camp at Lake Geneva, Wisconsin, also offers some opportunity for summer work.

Camp details are much the same, even though the camp locations are different. Work in these institutions offers practical experience for girls who are taking courses in public service. Waitress jobs have evidenced much popularity, as each year more girls apply for such work. Camp managers are eager to employ girls with home economics training for kitchen work, especially for the preparation of salads, desserts and beverages. Housekeepers and house maids are in demand by hotel managements for the summer "rush" season.

Girls with physical education training sometimes obtain summer work as playground instructors; however, the majority of these positions are either for life guards or swimming instructors at the various summer camps.

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# GIRLS' 4-H CLUBS

*Club Work Is Glorifying the Iowa Farm Girl*

*Conducted by Lulu Tregoning*



4-H College Girls Who Attended Annual Club Breakfast

## 4-H Annual Breakfast

Ninety-three 4-H club girls of Iowa State College attended the fourth annual club breakfast at the Maples Tea Room on Sunday, April 15, at 8 o'clock. More tickets could have been sold, but the club family has outgrown the Maples so all could not be accommodated. Were there some disappointed folks? Another year, a larger place will have to be provided.

Betty Rittger, acting president of the 4-H organization on the campus, was toastmaster. Clever printed programs in various colors were at each place and surprises when they were opened, for no one knew who was on the program.

Genevieve Fisher, dean of home economics at Iowa State, in an inspirational message, said, "I expect great

things from the 4-H girls at Iowa State." There was a message from Julia Bourne's mother. Julia is the president of the state 4-H organization. Her home is in Kossuth County, but this year she is in Rome, Italy. She is our official 4-H representative while there.

There were messages from members of the 4-H Club Department, Josephine Arnquist, state leader, and her assistants, Mrs. Edith Barker, Miss Florence Forbes and Miss Lulu Tregoning. Miss Laura Reynolds of Pennsylvania, who is writing a thesis on 4-H club work for her master's degree, told many interesting things she had found out about Iowa club work and about the group on the campus. Miss Reynolds said that the scholarship records of the 4-H girls were exceptionally high. Only two girls had been compelled to drop their work. She liked our pro-

gram because she felt it was an all-around program which was functioning for good in the lives of farm girls.

Marjory Mae Bouck, one of the 4-H'ers on the campus, sang the 4-Leaf Clover Song, by Coombs, and Fannie Buchanan's new song, "Dreaming."

Forty-five counties, representing every part of the state of Iowa, were represented at this annual breakfast. Five states, North Dakota, Nebraska, Illinois, Mississippi and Pennsylvania, as well as one foreign country, had representatives.

Each and every girl present pledged herself to go back to her home county to help with 4-H club work this summer. What an inspiration these girls will be to club girls, club leaders, committees—yes, and to county agents and home demonstration agents. They surely are a challenge to the state leaders.

## Scott County Girls Edit Annual Pages

Scott County 4-H girls are now busy editing their third annual page of 4-H club news. The Davenport Daily Times will have the page this year. Laurinda Jepsen and Marie Brus were chosen editor and assistant editor at the recent newswriting schools held under the supervision of H. J. Metcalf, specialist in news writing with the Extension Service of Iowa State College.

Through several years of real salesmanship of 4-H club work, the editors of the Davenport newspapers have become vitally interested in farm news and look forward each year to editing these pages. May 22 is the date the pages will appear.

Scott County has done a great deal with writing news. Every club meeting is reported to the local papers by the secretary of each club. Every secretary, as well as leader and committee members, has attended the annual news writing school put on by Mr. Metcalf and they have been interested in learning the real A B C's of news writing.

Last year the page was reproduced and written up in the American Press, a national newspaper for editors.

## Election of Officers

The college polls have been open for two weeks for the active 4-H girls to cast their votes for the officers of their college organization. These girls will take office in the fall and will hold over for one year. Freshman girls are not eligible to hold office. Only Iowa 4-H girls can be elected, though girls from other states are entitled and urged to vote. Margaret Sawin of Hardin County cast the first vote.

The next issue of the IOWA HOMEMAKER will carry the names of the new officers.

## 4-H Nutrition Project

Thirty-six counties are studying nutrition in the 4-H clubs of Iowa this year. Twenty of these are studying canning and sixteen whole cereal bread as a special phase of nutrition. These club folks are learning to realize the value of vegetables, fruits and whole cereals in the diet. The girls are checking height and weight for age and type and using the dietary score card to score themselves for daily diet for good health.

Posture in its relation to foods and

proper shoes is being studied. Causes and results of faulty posture, as well as posture exercises are being studied. Films on good posture, posture defects and exercises have been used in these training schools.

Meal planning and serving are being stressed in the third training school. Balanced meals are planned and prepared for the noon day meal. These meals are discussed and scored by the leaders and specialist.

## 4-H Girls Clubs

### Inspiration for Two Theses

Miss Edna Rhoads of Iowa and Miss Laura Reynolds of Pennsylvania are both writing theses for their master's degree on the 4-H clubs of Iowa. Miss Rhoads is particularly interested in the work done by the Home Furnishing Clubs and Miss Reynolds is interested in the social side of all 4-H clubs. Both of these theses will be gold mines for those interested in seriously studying the 4-H girls' clubs of Iowa.

## Radio Programs

The musical program broadcast through network stations every Saturday afternoon at 1:30 will be of interest to 4-H club folks. Orchestras of four different types, little symphony, dance orchestra, salon orchestra and string quintet, as well as vocal music are being used.

Don't forget your own program over WOI the first Saturday of each month from 2:30 to 3 o'clock.

## Curtains

This is the time of year when all good housekeepers "look to their curtains," whether they be in a home or in a college dormitory. The most dainty and attractive curtains are often not the most expensive, so when going forth to purchase new material for curtains, we must bear this in mind.

In a room, the curtain should not stand out as the main point of interest, but should be subdued enough in color to remain in the background. It has the same importance as a frame for a picture. If the frame is too elaborate, it will mar the picture, and in the same way, the dark colored curtain will detract from the beauty of the room. For a room on the north side of the house, choose a warm color for the curtains, such as some shade

(Continued on page 16)

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WATCHES

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# Iowa State Home Economics Association

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Conducted by MARCIA E. TURNER

## The National Meeting

June 25-29

Within a few days the program of the national meeting will be coming in the mail, bringing a foretaste of the interesting things in store at the Des Moines meeting. For your information, certain features of the program and some of the general plans from the April bulletin of the American Home Economics Association are given here:

### PROGRAM

For Wednesday afternoon the extension, education, homemakers and economics and social problems sections are arranging a joint program on family relationships. On Thursday morning the education, food and nutrition and economics and social problems sections will have a joint meeting with courses in economics as their theme. The textile and homemakers sections are also planning a joint meeting for Thursday morning.

Legislative interests and activities of the Association will be discussed at the state presidents' luncheon on Wednesday noon, to which representatives from state legislative committees will be invited.

Representatives from state publicity committees and editors of state news letters will meet at dinner Wednesday evening, when publicity policies and activities will be considered.

On Friday afternoon and evening we are being given an admirable opportunity to combine pleasure and education in the visit to the Division of Home Economics at Iowa State College at Ames, where we can see their beautiful building and learn what is being done in one of the oldest and largest college centers of home economics education.

*Special Luncheons and Dinners.* A formal dinner on Monday evening will close the supervisors' conference. Special luncheons scheduled for Tuesday are those of the newsgatherers for the Journal of Home Economics and of the members of the Textile Section.



## How Strong Is The American Home Economics Association?

It has 9,000 members, seven times as many as in 1921. These are affiliated through the associations in 47 states and in the District of Columbia, Hawaii, Porto Rico and the Provinces of Alberta and Nova Scotia, Canada.

Its annual budget has grown from about \$16,000 in 1920 to almost \$50,000 in 1927, and its work and service have increased accordingly.—(From the April Bulletin.)

The Tuesday evening dinner hour is being reserved for alumnae groups. On Wednesday there will be luncheons for the Homemakers Section and state presidents and a dinner for the representative of state publicity committees. On Thursday will come the luncheons of the honor societies and in the evening the annual banquet of the Association.

Anyone wishing to schedule a group luncheon or dinner should write at once to the program committee, of which the chairman is Miss Alice L. Edwards, 617 Mills Building, Washington, D. C. She will arrange the hour and then turn the request over to the chairman of the local committee, which is making all further arrangements for special lunches and dinners.

*Meeting Places.* Meetings of the council and the business sessions of

the Association will be held in the ballroom of the Fort Des Moines Hotel. Sections and committees will meet in the Fort Des Moines Hotel and in the nearby Chamberlain Hotel. The two evening meetings, open to the public, will be in the auditorium in the Hoyt Sherman Place, the beautiful new home of the Woman's City Club.

The committee on arrangements for the meeting consists of Regina J. Friant, chairman, Genevieve Fisher, Mrs. Elizabeth Hagensich, Anna Leggett, Vera Mintle, Mrs. Helen Wagner.

Members desiring information on any specific question about Des Moines and other places in the state should write to George Hamilton, Secretary of Convention Bureau, Chamber of Commerce, Des Moines, or to Mrs. James Dwyer, 1527 43rd St., Des Moines, chairman of committee on information.

*Near-by Conferences.* Three other important conferences come at times and places which make it easy to combine attendance at them with that at the home economics meeting in Des Moines. The American Country Life Association is holding its annual conference at the University of Illinois, Urbana, Illinois, June 18 to 21, where the theme is to be "Rural-urban Relations." A conference on Child Care and Parental Education has been called at the Child Welfare Research Station, State University, Iowa City, for June 20 to 22. (The program appears on this page.) The National Education Association meeting will be held in Minneapolis, July 1 to 6, and information regarding it can be obtained from National Education Association headquarters, 1201 Sixteenth Street, N. W., Washington, D. C.

*Registration.* Registration will begin on Monday, June 25, at the registration desk in the Fort Des Moines Hotel. There will be the usual \$3.00 registration fee for all persons attending the meetings, with the exception of student club members, for whom the fee is only \$1.00.



## Second Annual Conference on Child Development and Parent Education

The attention of members of our State Association is called especially to this conference, which is held at Iowa City just preceding the Des Moines meeting. Those who attended the meeting last year found it exceedingly worthwhile, not only because of the important problems of great interest to every live home economics parent and teacher, but also because of the opportunity to listen to men and women foremost in this field.

Some of the speakers already secured for this year are:

Dr. W. E. Blatz, director of St. George's School for Child Study, Professor of Psychology, University of Toronto, Canada.

Miss Edna N. White, Director of the Merrill-Palmer Nursery School, Detroit.

Mrs. Chase Going Woodhouse, in charge of Division of Economics, Bureau of Home Economics, Department of Agriculture, Washington, D. C.

Miss Anna E. Richardson, Field Worker in Child Development and Parental Education, American Home Economics Association, Washington, D. C.

Dr. Herbert R. Stolz, Chief of the Bureau of Parental Education of the State of California, Sacramento.

Dr. Caroline Hedger, Elizabeth McCormick Memorial Fund, Chicago.

Dr. Leslie R. Marston, President Greenville College, Greenville, Illinois.

### Student Clubs

#### Home Economics Club of Anita

We are trying hard to make the Home Economics Club of Anita, Iowa, a really useful organization. We have a good chance as there is no other club like it anywhere around here.

We tried to make our club known better by giving a group of small children in our town a Christmas party, which they enjoyed very much. We gave each of the children a pair of mittens, which one of the ladies in our town showed us how to make out of old wool stockings. There was a short program with a Christmas tree and Santa Claus; after that, a lunch and candy for the children.

Our club gave a play entitled, "This Is So Sudden," at Parent-Teachers' monthly meeting, which was held last

week. We also gave it before the High School assembly on Friday morning.

Our club is planning for a movie to raise money to buy pins and join the State Association of Home Economics Clubs.

At one of the basketball games held in Anita the first of the year, our club made candy and popcorn and sold it, making us a small amount in the treasury.

Then at Christmas time we made fruit cakes and sold them all around town. This made us quite a little sum in our treasury.

The girl with a broken arm who came to Des Moines to gain information about the club is all right, and we also elected her president of our club.

Daphne Bell,  
Member of Anita Home Economics Club.

#### Home Economics Club of Bedford High School

The Home Economics Girls of Bedford High School wish to extend to the Student Clubs of Iowa their best regards.

Our club was organized in September with a membership of thirty-five girls, but now it has increased to fifty-three. We have served three banquets and several suppers this year and we hope that we shall soon be a recognized club among the Home Economics Clubs of Iowa.

Our members are wearing the National Home Economics pin.

Bedford H. E. Association.  
Elfie Duncan,  
Corresponding Secretary.

#### Omicron Nu Conclave

The Iowa State College chapter of Omicron Nu was represented at the bi-annual conclave in Lawrence, Kansas by four students and two faculty members. Helen Kallenberg was the official delegate and the other students were Winifred Mighell, Helen Hager and Irene Nickle, Miss Pauline Drolinger acted as national secretary in the absence of Miss Cora B. Miller. Miss Joyce Fetherston was the other faculty member who attended the conclave.

Miss Maude Gilchrist, one of the founders of Omicron Nu, who is now chaperoning at Oak Lodge sent her greetings and best wishes to the conclave. Dean Genevieve Fisher, who

(Continued on page 13)

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# Home Economics Research

By Melba Nisewanger

## Applied Art Graduate Work

Susan Millier, who began the work toward her master's degree last year, is working on her thesis in absentia while teaching at Norman, Oklahoma. She expects to finish her work during the summer session. The subject of her thesis is: "Rugs Suitable for the Small Home."

The main topics which Miss Millier will discuss are: (a) Types of rugs available for selection, (b) Comparative prices of manufactured and home-made rugs, (c) Rug designs. She has obtained information regarding types of rugs on the market, available designs and color schemes, and retail prices, from manufacturers and by visiting the rug department of stores and specialty shops in various towns and cities. Several types of woven rugs, commercial wash rugs, both woven and braided; and some miscellaneous types such as felt, paper, linoleum and linen will be included.

Miss Millier has obtained the information regarding homemade rugs and their prices partly through visiting the state hospital at Norman, where rugs are made. In addition to this she has sent out questionnaires to homemakers, to find out the usual type of rugs purchased, the prices paid, wearing qualities, designs, and color schemes.

One of her objectives will be to assist the homemaker of moderate means to select designs and colors, which will be suitable for the rooms in which they are to be placed. Miss Millier will illustrate her thesis with photographs of rugs and with original designs.

## Vocational Education Project

Several graduate students in the department of Vocational Education are working upon problems for their theses. Many of them are nearing completion and a more detailed account of the work will be given in a future issue of the Homemaker.

Miss Susan Moser is working on a problem of standardizing work in beginning college clothing classes on different process of the courses. This experiment is being carried on under controlled conditions in cooperation with the clothing department of Iowa

State College and also with 12 other colleges.

Miss Bernice Brady, who is graduate student in the department of Textiles and Clothing is carrying on a similar problem in clothing classes at Iowa State College.

Mrs. Marie P. Ringler, who is doing part-time teaching in the Vocational Education Department, is working on a problem of speed in relationship to the quality of the work accomplished by using two groups of ninth grade girls in the public schools of Ames. The experiment is being carried on under controlled conditions and a record kept of the time and experiment.

Miss Lucille Magruder, in cooperation with 12 high school teachers, is studying some factors that seem to influence girls in electing Home Economics subjects in the high schools of Story County.

Miss Ronella Spickard, who is State Supervisor of Kentucky and who is now minoring in Sociology in cooperation with Iowa State College, is planning a course of study for the Home Economics schools of Kentucky. She is making an activity analysis of high school girls in the state together with surveys of typical communities in order to find the greatest drop out in attendance of high school girls. Miss Spickard is preparing to make recommendations for the best time to offer Home Economics subjects in high schools.

## Interior Design Project

Interior design classes of the Home Economics Division and a class in home furnishing of the Ames high school plan to furnish a new six-room colonial house on Eighth street for Better Homes Week.

The house, which is being built by Raymond Bell according to plans made by Miss Alda Wilson, was not completed in time for the National Better Homes Week, which was the last week in April. It will be open for inspection during the week of Veishea, annual exposition of the college, starting May 17, according to Miss Joanna M. Hansen, chairman of the "Better Homes in America" campaign in Ames. The Isabel Bevier home management

(Continued on page 13)

# THE IOWA HOMEMAKER

*A Magazine for Homemakers From a Homemakers' School*  
VOL. VIII MAY, 1928 NO. 1

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## IMPRESSIONS

Busy girls, eager girls, energetic girls, friendly girls—we hope are the Iowa State College “type” and as such have impressed the many visitors who have been thronging to our campus by the hundreds this week to see Iowa State College “at work and at play,” as the Veishea slogan expresses it. If records of previous years repeat themselves, guests will continue inspecting the college during the summer months, too.

To the high school graduate who is choosing her college, Iowa State extends a friendly welcome. The increasing numbers enrolled in home economics each fall prove that more parents are feeling the advisability of home economics training for their daughters.

Iowa State College, as the largest college of home economics, offers unusual opportunities for advancement in this field.

## WHO'S WHO IN HOME ECONOMICS

John Ruskin was right when he expressed the idea that to be successful a person must be well acquainted with the best in his field, namely, the leaders and founders of his profession. Why do home economics students, even graduates, know so little about the eminent workers in home economics? This question was raised in a discussion group recently. It is hoped that the National Home Economics Association meeting in Des Moines and the Phi Upsilon Omicron conclave at Ames, in June, will bring Iowa State College home economists in closer contact with prominent leaders.

Beginning next month, the IOWA HOMEMAKER will feature articles about the different leading women in home economics work.

## A CHALLENGE

If it were not for man, woman would still be washing her clothes on a washboard, sweeping her floors with a broom and cooking her meals on the old coal range. At any rate, that is what we are told by many men—yes, and women too.

Numerous stories are told of the beginnings of various pieces of household equipment, and most of them center about some such ideas as this. The husband for some reason is forced to do the major part of the housework for a time. He is enraged by the inefficiency of the equipment at hand, and immediately is inspired to improve the situation. Hence, we have the electric washing machine, the vacuum cleaner and the gas and electric range.

All these stories constitute a challenge to the thinking woman of today, and especially to the home economics trained woman. While she obviously would be unable to work out the mechanical details, she at least should see the need for better things and realize the possibilities for improvement. And certainly she should not wait for the men to make the suggestions for her.

Who, more than the trained homemaker, can see the faults in the equipment which she is using, and who, more than she, is qualified to see the need for something new?

Women are not so lazy as men—that is one explanation of the fact that women are not responsible for the improvements which the years are bringing to them. Man is too lazy to do the work with the old tool, therefore he invents something to take its place. But whatever the reason, the very fact is a challenge.—Myrna Gray.

## “THE LAST WORD”

Hints on how to be fashion smart will appear from time to time in the pages of the IOWA HOMEMAKER. Three young moderns from the staff will observe the latest styles and fashion predictions each month and report on them in the HOMEMAKER. Whether we admit it or not, each of us strives to be well dressed—hence these style suggestions may be of interest to our readers.

Have you read “The Last Word” in this issue?

## LOAN FUND

Eight thousand six hundred fifty-five dollars has been loaned to 48 junior and senior women in home economics from the Catharine MacKay Loan Fund. This fund was established in the fall of 1922 as a memorial for Catharine MacKay, former dean of home economics at Iowa State College. The purpose of this fund has been to supply small sums of money to those who must have more to complete their college courses. The major share of the fund has been contributed by the Home Economics Club, but various gifts and loans have also been added by others.

It has become traditional that girls who take loans from this fund pay them back as soon as possible. This allows other girls to receive the benefits of the money.



# Who's There and Where



By VERA CAULUM

## Helen Easter

Helen Easter has received word that she has been elected to the Lydia C. Roberts fellowship at Columbia University for next year.

This fellowship is an award made for travel and study in any branch of learning and is not limited to science and technology. It is open to graduates of Iowa colleges who were born in Iowa, and who will return to live in Iowa. The capital fund amounts to \$419,000, and is the gift of Mrs. Lydia C. Chamberlain, a former resident of Des Moines. About 20 fellowships are awarded yearly, each amounting to a maximum of \$850.00. The fellowships are originally granted for one year, however, in exceptional cases an extension of one year may be granted.

Since graduation from Iowa State College, Miss Easter has been director of welfare work for the Bell Telephone Company, Des Moines, and more recently has been a teacher of home economics in the Des Moines public schools. While in college she was active in campus affairs and was a member of the college Dramatic Club and of Theta Sigma Phi.

## Doris Wilson McCray

More proof that homemaking and a career may go hand in hand! Mrs. Doris Wilson McCray, Cedar Rapids, a homemaker and mother of a four-year-old boy is well on her way to a successful career in home economics work.

Mrs. McCray attended Iowa State College from fall quarter 1916 to spring quarter 1919, at which time she transferred to the University of California, where she received her A. B. degree in 1920.

Although Mrs. McCray had no college journalism, she is Home Economics editor for Farm Mechanics, a magazine published in Chicago. She enjoys writing home economics feature articles, many of which have appeared in farm magazines and other publica-

tions such as American Cookery, Fore-cast and McCall's.

Holland's, the Magazine of the South, published at Dallas, Texas, and circulating only in the south and southwest, has taken a series of Mrs. McCray's canning articles nearly every year. "Sweets for Next Winter" is an article which will appear in the June issue in which she discusses interesting facts concerning jellies, jams, and marmalades.

Mrs. McCray states that her keenest interest is in the problems of homemakers. Since she has been out of college, Mrs. McCray has demonstrated kitchen equipment, and she attended the Gas and Electrical Equipment Short Course held here in March.

Mrs. McCray has also been active in community affairs having been a judge of women's exhibits at county fairs, and a leader in the home economics division of the Cedar Rapids Women's Club for the last three years. Her address is 1535 First avenue.

Cleo Fitzsimmons, a March graduate, is doing Purnell research work at Corning. Cleo's work consists in getting farm women to keep accounts of their household expenditures.

An announcement has been received of the marriage of Mary Talbott, Ind. Sci. '27, to Dewitt F. Sampson, Ind. Sci. '27, at Brooklyn, April 14.

Mable Shepard, '26, who received her M. S. in Vocational Education last year is teaching in Elizabeth, New Jersey. During the first semester of the school year she taught in the Sheldon Junior College.

Josephine McMullen, '26, assumed the duties of Home Economics Supervisor for the State of Iowa, April 9. Miss McMullen had been teaching home economics in the high school at Cherokee previous to her new appointment. She succeeds Fern Stover, '16, who resigned to accept a position in

the Moosehart School, Moosehart, Illinois.

Frances Johnson, '20, is teaching clothing and color design in the Hibbing Junior College, Hibbing, Minnesota. She succeeds Esther Hahn, '21, who resigned to accept a position in the State Normal School at Chico, California.

Grace Bonnell, '27, is teaching home economics in the high school at Ocheyedan, Iowa.

Dorothy Boozer, Ind. Sc. '26, is teaching in a girls school in Canton, China.

Mildred Ghrist, March graduate, has accepted a position as Home Economics secretary for the Kellogg Company, Battle Creek, Michigan, and will begin her work September 10. Miss Ghrist will be associated with Miss Mary Barber, educational director for the company.

Violet E. Pammel, '17, is manager of the cafeteria and cafe in the Roosevelt Hotel, Pittsburg, Pennsylvania. Her address is in care of the Phoenix Cafeteria, Sixth and Pennsylvania avenue.

Mr and Mrs. Hubert Garrecht have recently moved from Minneapolis to Memphis, Tennessee. Mrs. Gerrecht was formerly Margaret Proctor, '27.

Beulah Rodgers, '27, is doing demonstration work for Ball Brothers' Glass Jar Company, Muncie, Indiana.

Pearl Apland, '21, is teaching in the Arsenal Technical School at Indianapolis, Indiana.

"We are all fools until we know

That in the common plan,

Nothing is worth the making

If it does not make the man.

Why build these temples glorious

If man unbuilded goes?

We build the world in vain

Unless the builder grows.

—Elbert Hubbard.



### Interior Design Project

(Continued from page 10)

house and the applied art interior laboratory will be open the same week.

"Fine cooperation is being shown by Ames merchants, the Ames Tribune, Ames Woman's and Civic Clubs, the Architectural Engineering Department, Landscape Architecture Department and the Garden Club in helping make the home as ideal as possible," says Miss Hansen.

Representative women of Ames, extension staff specialists in home furnishing, the homemakers' staff and Camp Fire Girls, as well as the staff and students of the house design and household equipment classes will act as hostesses.

The Music Department and a number of Ames musicians will furnish music each day. The City Library will loan books suitable for boys and girls and the College Library will loan books suitable for adults in the furnishing of the home library.

### Omicron Nu Conclave

(Continued from page 9)

has been national vice-president for the past two years was also unable to attend the conclave.

Omicron Nu recognizes scholarship and promise of leadership and especially wishes to recognize the research type of person. Omicron Nu recognizes scholarship by awarding the freshman Home Economic girl who makes the highest average in her class. The tendency is now to recognize the second girl also and to have an honor roll for the freshman and sophomore girls.

Omicron Nu is a national organization supporting our former Dean, Miss Anna Richardson, in her work with Child Welfare. Omicron Nu contributes to the Ellen H. Richard scholarship fund and also a foreign scholarship.

Twenty-three chapters were represented and it was decided to have the next conclave prior to the National Home Economics convention. Miss Justin, dean of Home Economics at Kansas State College was elected president of Omicron Nu.

"Cooperation is not a sentiment—it is an economic necessity."—Charles Steinmetz.

"When love and skill work together, expect a masterpiece."—John Ruskin.

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Foods that "taste good" are more readily eaten and provide the maximum amount of nourishment.

The manner in which food ingredients are combined often determines whether the product is "tasty" or "tasteless". It is not enough for a recipe to tell what to use. It must contain directions for combining the substances so as to insure a satisfactory product.

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JEWELERS (INC.)  
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DES MOINES

**Infantile Tetany**

(Continued from page 2)

ply of calcium in the diet. It is invaluable in diets low in milk, as are the diets of Chinese children.

"Cod liver oil also furnishes this antirachitic substance known as vitamin D. During the more recent years, well controlled experiments, both on rats and on the human infant, have demonstrated beyond criticism the efficacy of cod liver oil in the prevention and cure of rickets. This also applies to tetany as it is the same type of deficiency disease as rickets and is prevented and cured by exactly the same means.

"Now, Mrs. Young-Mother, I want to conclude this consultation with a few suggestions regarding the treatments with ultra-violet light.

"It will be necessary for you to go either to your physician or to a hospital for this quartz-mercury lamp treatment. From this source of artificial sunlight your baby will receive the beneficial rays which have the power to penetrate the skin and to act upon substances found there, in a way to form vitamin D, which in turn assists the body to use the calcium brought into the body through the foods. As I stated earlier this morning, tetany has been cured by means of irradiation with ultra-violet rays.

"Do not be alarmed if your child continues to have slight convulsions for a time, but follow the diet outlined faithfully and start the ultra-violet irradiation immediately, and I feel sure that she will respond by a cessation of this tetany."

Mrs. Young-Mother departs with her young daughter, feeling very grateful and much encouraged.

**—Makes a Girl Healthy**

(Continued from page 4)

The Campanile is a vital factor in determining our happiness. We work and play according to schedule time, rising at seven and retiring at ten-thirty. Our daily program becomes a regular habit.

And so we work and play at Iowa State College, developing skill and interest and friends on our dear campus. We learn how to enjoy life and how to live life. That is the secret we are initiated into at Iowa State. That secret is waiting for all the "sweet girl graduates" who will be coming to Ames next fall.

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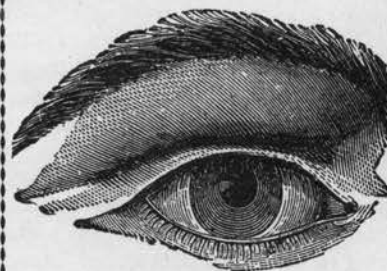
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**Making Vacation Pay**

(Continued from page 5)

Girls with business experience or training may also obtain work in summer camps as bookkeepers, stenographers, store room managers and assistants.

Hospitals sometimes have openings for assistants in the diet kitchens during the summer months.

For the girl who would stay at home during the vacation, opportunities for short time work may not be as plentiful. Some girls find much enjoyment clerking in stores, and in meeting and serving the public in this manner. This work gives practical experience to girls who wish to go into store management, especially into personnel administration. Many stores maintain a training school for their clerks, and those desiring advanced experience may take advantage of these opportunities. In such work the girls are employed in several capacities, shifting at stated intervals. Work varies from bundle wrapping and clerking to apprenticeships in department management.

Business concerns whose "rush" seasons come during the summer offer employment such as stenography and general office work to the girl with business inclinations.

The girl who lives in a large town may sometimes find part time work in the library during the busy hours.

**Home Economics on Display**

(Continued from page 5)

A feature of the applied art open house, which is under the direction of Ethel Jane Heinkel, H. Ec. '29, will be a model house which has been furnished by classes in interior decoration. The Boy Scouts in Ames have assisted by giving suggestions for the boys' rooms. This house is at Eighth and Burnett downtown. There will be a directory for it in the lobby of Home Economics Hall.

The usher system is being enlarged to take care of the Home Management houses as well as the Nursery School. Since the visitors will not be allowed to go into the Nursery School, the children will be playing outside so everyone can get an idea of the work being carried on there.

The ushers from Home Economics Hall will also direct the guests to the physical education open house, which is under the committee headed by Helen F. Newhard, H. Ec. '29. The

**Fair Grocery for your picnic sandwich spreads, olives, pickles, fruit**

325 Main

\* \* \*

Phone 296

**PARNO'S  
Jewelry Store**

CRANFORD BLDG.

EXPERT WATCH, CLOCK &  
JEWELRY REPAIRING  
% Oldest Established Jewelry Store in Campus-  
town  
% Phone 251 Two Watchmakers  
ALL WORK GUARANTEED

**Spring Time  
Toilet Requisites**

New numbers in Yardley and Houbigant  
**Judisch Bros. Drug Store**

**NEW FROCKS**

Made of Stehli's Washable Crepe  
yellow, pink, rose, blue, Nile, white—14 to 40

Navy Georgettes—14 to 42

Wayne Knit Slenderette heel hose

**The RIEKENBERG Co.**

CAMPUSTOWN

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The freshest, coolest and purest fruit flavors for your dance  
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— Delivered to any part of the campus —

Also punch bowl and cups for rent

We make a speciality of Sunday noon deliveries—Ice Cream  
50 cents per brick.

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SILKS AND WOOLENS

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Elite Styles  
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**QUALITY AND STYLE FABRICS MODERATELY PRICED**

Now showing the newest and smartest silks and wools for  
summer wear

We invite you to visit this most beautiful piece goods store in America



nature of this exhibit is somewhat of a mystery, but Miss Newhard promises something different.

"Every committee chairman is enthusiastic and has fresh plans to make the 1928 Home Economics Open House the most successful in years," said Gale True Latimer, general Home Economics Open House chairman.

### Curtains

(Continued from page 7)

of red, yellow or orange, while for the sunny side use a cool shade, such as blue, green or lavender.

For short windows, with several in a group, it is best to use no valance, or perhaps a narrow one, which extends over the entire group. This will make them appear longer than they really are, besides making them more beautiful.

One of the prettiest and least expensive curtains I have seen for a bedroom were of a cream color voile with ruffles around the inner side and bottom, with the tops overlapping each other. Tie-backs were used to let more light into the room. Under this curtain was a shade made of glazed chintz in gay colors. Other materials which may be used for curtains are combina-

tions of cretonne and plain color Indian head or theatrical gauze, printed linens, polka dot voile, dotted Swiss, gingham and unbleached muslin.

### The Last Word

Crisp organdie dresses in dainty pastel shades are the latest thing for formal wear. Organdie promises to be popular for afternoon dresses as well.

Sandals of woven leather are good for summer sport costumes. Worn with clever clocked hose, they complete the smart sport ensemble.

Gay felt patches on either silk or wool dresses are applied in bright yarns. This colorful effect is developed further in the close fitting hat which is worn with the dress.

With each week the popularity of the floppy hat increases. July sun can hold no terrors for the maiden who wears the picture hat.

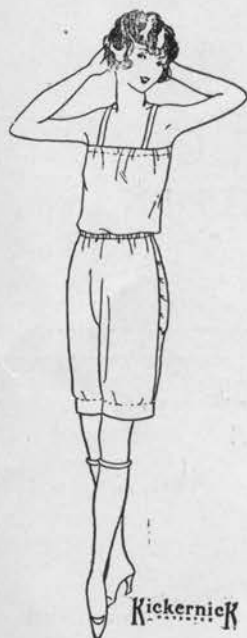
If sales are an indication, prints will lead again this season. Bold figures as well as the more modest all-over designs are equally fashion smart.

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## Graduation Gifts



Make a selection from our complete line of attractive underwear, hosiery, or jewelry novelties.

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## Home Economics Seniors

# ORDER

those reference books

# NOW

then you can have them when you leave

College Book Store  
ON THE CAMPUS



## THE BUSY BUSINESS MAN---

—If he's successful (and we all hope he will be) needs someone to look after such of life's trivia as food, clothing, housing and children. The Busy Business Man's mind is weighted with so many important things that of course he should not waste his valuable time figuring out such things as the amount of lettuce he should eat per day, the proper colored necktie to wear with his speckled blue shirt, the proper humidity for a bedroom or the best way to wash the baby's ears.

Yes, the Busy Business Man needs someone to look after all these things. That is, he does if he's going to apply the same principles of scientific progress to human living that he's already applied to cattle culture.

But where, you ask, is he to get it?

Happily, the school of home economics has solved the problem. Each man may now have one (commonly known as a wife) in his own little home—one who's trained to smooth out the routine of human living, one who's going to manage this living business with the same modern finesse that the Busy Business Man uses in managing his huge corporation (or his corner grocery store).

Home Economics education has solved the problem for every man.

IOWA STATE COLLEGE

AMES, IOWA



Mrs. Samuel Lacham  
508 West Main Street  
Marshalltown, Iowa

← now (Kenneth Miller)  
Bunch

# Are You Stepping Out On "One O'clock Night" To the '28 Senior Prom?

## *It's Fashion's Hour*

### *What Is Smart on the Avenue?*

### *Come---Let Me Take You Shopping!*



## For Your Formal--- You'll Choose



Organdy if you're fashion-smart!

Great, fluffy, bouffant skirts with the sweeping "down-in-the-back" hemlines. A flat tailored bow in front; perhaps a bit of french embroidery or applique, done in vivid colored felt. Wouldn't it be fun to wear one?

You'll find the daintiest colorings---  
and would you believe it---they're only

**\$18.50**

In Younker's Misses' Shop, third floor

## Dansettes---

### To Begin With



They're just what you'll want in underthings, cool and dainty, with filmy lace trim, or smartly tailored. Ever so sweet made in lovely pastel crepes,

**\$1.98**

## Slippers---

### To Trip Lightly

You couldn't go wrong with a smart tinted satin---just the right shade for your dress! And there's another that is right clever too; A trim black satin with rhinestone buckle--- and the buckle placed on the strap,

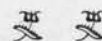
**\$7.50**

## Jewelry--- Of Course



Your outfit won't be complete without it! Clever hand-cut crystal sets; choker-necklace, eardrops, a bracelet. Just perfect too, for organdy. Elusive tints to exactly match your dress,

**\$3.50**



## ---and Stockings



Sheer---yes, and snugly fashioned to fit. You'll be delighted with the lovely flesh tints, and clever heel design. Just mention the shade!

**\$1.95**

# Younker Brothers---Harris-Emery